



# Elaine's Green-Mash Potatoes



**SERVES 8**

## INGREDIENTS:

- 7 potatoes, medium size (about 1 cup each), peeled and diced
- 1 cup skim milk, divided
- 2 garlic cloves, peeled
- 1 cup frozen peas
- 2 tbsp soft (tub) margarine
- 1 tsp white pepper (optional)
- ¼ tsp Kosher salt

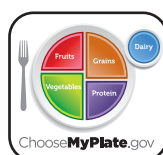


## INSTRUCTIONS:

1. Simmer peeled, diced potatoes for about 10 minutes until soft when pierced with a fork.
2. Cook 1 cup peas in microwave for about 3 minutes; drain and reserve.
3. Heat milk until hot. Add garlic cloves to milk and let stand for 5 minutes.
4. Puree peas, ¼ cup milk, and garlic cloves using a blender.
5. Drain potatoes and begin to mash.
6. Slowly add ¾ cup milk while mashing.
7. Blend in the pureed peas and garlic, margarine, and white pepper (optional) to the mashed potatoes.
8. Place mashed potatoes in a serving dish and keep warm.
9. Just before serving, lightly sprinkle Kosher salt on top of potatoes.



## My Recipe Details (per portion)



**Total Calories 176 Calories**

### Food Groups

- Vegetables 1 cup
- Dairy 1/8 cup

### Nutrient Info

- Carbohydrate 34 g
- Dietary Fiber 4 g
- Saturated Fat 1 g
- Cholesterol 1 mg
- Sodium 131 mg

**Nutrition analysis by SuperTracker.usda.gov**